

Endometriosis

Fact Sheet

What is endometriosis?

Endometriosis affects 1 in 7 women and those presumed female at birth. It occurs when tissue similar to the uterine lining grows outside the uterus, often in the pelvis.

Symptoms vary and may include pelvic pain and infertility, though some experience no symptoms. The severity of symptoms doesn't always reflect the extent of the disease, which can cause internal damage even without noticeable pain.

How do you treat it?

There are three types of treatments for endometriosis:

1. Medical treatments – Includes medications to manage symptoms and hormone therapies.
2. Surgical treatments – Involves procedures such as laparoscopy to remove endometriotic tissue.
3. Allied treatments – Includes physiotherapy, psychology, and alternative medicine to support overall well-being.

You should discuss these options with your doctor to determine the best approach for you. Each treatment has its benefits and limitations, and you may need a combination of therapies to effectively manage your symptoms.

This information package is not a substitute for medical advice. It serves as an educational resource to help you make informed decisions in consultation with your doctor.

How is it diagnosed?

The only definitive way to diagnose endometriosis is through laparoscopy with a biopsy (tissue sample).

- This surgical procedure, performed under general anesthesia, involves inserting a thin telescope through the belly button to examine the pelvis.
- Suspected endometriotic tissue is removed and examined under a microscope for confirmation.

In some cases, a diagnosis may be suggested without laparoscopy if:

- A doctor feels affected tissues during an exam.
- An endometriosis cyst is visible on the ovary or another pelvic organ.
- Endometriosis is seen growing through the vaginal wall (rare).

For more information, visit our website or consult your health practitioner.



What is the best treatment for endometriosis?

There is no single “best treatment” for endometriosis, as effectiveness varies from person to person. It's important to understand the different treatment options, along with their potential benefits, side effects, and complications. Managing endometriosis often requires a combination of treatments to help relieve symptoms. While treatments can provide significant relief, there is currently no cure for endometriosis.



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